

Holy Hour in Honour of the Sacred Heart of Jesus

I will pause and consider that God our Lord beholds me in love, then make an act of reverence. (St. Ignatius of Loyola)

PRAYER

Grant, we pray, almighty God, that we, who glory in the Heart of your beloved Son and recall the wonders of his love for us, may be made worthy to receive an overflowing measure of grace from that fount of heavenly gifts. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

ACT OF REPENTANCE

We recall that we can never be worthy of God and that his mercy is an undeserved gift. "This is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins" (1 John 4:10). You can choose to make an examination of conscience, recalling specific sins and asking for God's forgiveness and healing. O my God, I repent of all my sins from my heart, and I detest them, not only because I deserve the just penalties, but most of all because I have offended you, the highest Good who are worthy to be loved above all things. Therefore, I firmly propose, by the help of your grace, not to sin again and to flee near occasions of sin. Amen. (from the Rite of Penance)

MEDITATION

Meditation is the heart of the Holy Hour. It is a time to call to mind God's revelation of himself, to listen to him speak through his word, and to respond. There are many ways to make a meditation, but the purpose is always time of loving attention with the Holy Trinity.

DEUTERONOMY 7: 6-11

Moses said to the people: "You are a people sacred to the LORD, your God; he has chosen you from all the nations on the face of the earth to be a people peculiarly his own. It was not because you are the largest of all nations that the LORD set his heart on you and chose you, for you are really the smallest of all nations.

It was because the LORD loved you and because of his fidelity to the oath he had sworn your fathers, that he brought you out with his strong hand from the place of slavery, and ransomed you from the hand of Pharaoh,

king of Egypt. Understand, then, that the LORD, your God, is God indeed, the faithful God who keeps his merciful covenant down to the thousandth generation toward those who love him and keep his commandments, but who repays with destruction a person who hates him; he does not dally with such a one, but makes them personally pay for it.

You shall therefore carefully observe the commandments, the statutes and the decrees that I enjoin on you today.”

REVELATIONS OF JESUS TO ST. MARGARET MARY ALACOQUE IN JUNE, 1674

"I feel this more than all that I suffered during my Passion. If only they would make me some return for my Love, I should think but little of all I have done for them and would wish, were it possible, to suffer still more. But the sole return they make for all my eagerness to do them good is to reject me and treat me with coldness. Do you at least console me by supplying for their ingratitude, as far as you are able.”

THE DIVINE MERCY CHAPLET

(1. Make the Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.)

2. Optional Opening Prayers

St. Faustina's Prayer for Sinners

O Jesus, eternal Truth, our Life, I call upon You and I beg Your mercy for poor sinners. O sweetest Heart of my Lord, full of pity and unfathomable mercy, I plead with You for poor sinners. O Most Sacred Heart, Fount of Mercy from which gush forth rays of inconceivable graces upon the entire human race, I beg of You light for poor sinners. O Jesus, be mindful of Your own bitter Passion and do not permit the loss of souls redeemed at so dear a price of Your most precious Blood. O Jesus, when I consider the great price of Your Blood, I rejoice at its immensity, for one drop alone would have been enough for the salvation of all sinners. Although sin is an abyss of wickedness and ingratitude, the price paid for us can never be equalled. Therefore, let every soul trust in the Passion of the Lord, and place its hope in His mercy. God will not deny His mercy to

anyone. Heaven and earth may change, but God's mercy will never be exhausted. Oh, what immense joy burns in my heart when I contemplate Your incomprehensible goodness, O Jesus! I desire to bring all sinners to Your feet that they may glorify Your mercy throughout endless ages (*Diary of Saint Maria Faustina Kowalska, 72*).

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

3. Our Father

4. Hail Mary

5. The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

6. The Eternal Father

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

7. On the 10 Small Beads of Each Decade

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

8. Repeat for the remaining decades

Saying the "Eternal Father" (6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (7) on the following "Hail Mary" beads.

9. Conclude with Holy God (Repeat three times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

10. Optional Closing Prayers

Eternal God, in whom mercy is endless and the treasury of compassion – inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

O Greatly Merciful God, Infinite Goodness, today all mankind calls out from the abyss of its misery to Your mercy – to Your compassion, O God; and it is with its mighty voice of misery that it cries out. Gracious God, do not reject the prayer of this earth's exiles! O Lord, Goodness beyond our understanding, Who are acquainted with our misery through and through, and know that by our own power we cannot ascend to You, we implore You: anticipate us with Your grace and keep on increasing Your mercy in us, that we may faithfully do Your holy will all through our life and at death's hour. Let the omnipotence of Your mercy shield us from the darts of our salvation's enemies, that we may with confidence, as Your children, await Your [Son's] final coming – that day known to You alone. And we expect to obtain everything promised us by Jesus in spite of all our wretchedness. For Jesus is our Hope: through His merciful Heart, as through an open gate, we pass through to heaven (*Diary*, 1570).

LITANY OF THE SACRED HEART

Pope Leo XIII approved this litany for public use in 1899, but many of the invocations have been used since the 17th century.

Lord, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Christ, have mercy

Lord, have mercy

Christ, hear us

Christ, graciously hear us.

God the Father of Heaven,

God the Son, Redeemer of the world,

God, the Holy Spirit,

Holy Trinity, One God,

have mercy on us

have mercy on us

have mercy on us

have mercy on us

Heart of Jesus, Son of the Eternal Father,

Heart of Jesus, formed by the Holy Spirit

in the womb of the Virgin Mother,

Heart of Jesus, substantially united

to the Word of God,

Heart of Jesus, of Infinite Majesty,

Heart of Jesus, Sacred Temple of God,

Heart of Jesus, Tabernacle

of the Most High,

Heart of Jesus, House of God

and Gate of Heaven,

Heart of Jesus,

burning furnace of charity,

Heart of Jesus, abode of justice and love,

Heart of Jesus, full of goodness and love,

Heart of Jesus, abyss of all virtues,

Heart of Jesus, most worthy of all praise,

Heart of Jesus, king and centre of all hearts,

Heart of Jesus, in whom are all treasures

of wisdom and knowledge,

Heart of Jesus, in whom dwells

the fullness of divinity,

Heart of Jesus, in whom

have mercy on us

have mercy on us

have mercy on us

have mercy on us

have mercy on us

have mercy on us

have mercy on us

have mercy on us

have mercy on us

have mercy on us

have mercy on us

have mercy on us

have mercy on us

have mercy on us

have mercy on us

the Father was well pleased,	have mercy on us
Heart of Jesus, of whose fullness	
we have all received,	have mercy on us
Heart of Jesus,	
desire of the everlasting hills,	have mercy on us
Heart of Jesus, patient and most merciful,	have mercy on us
Heart of Jesus, enriching all	
who invoke Thee,	have mercy on us
Heart of Jesus, fountain of life and holiness,	have mercy on us
Heart of Jesus, propitiation for our sins,	have mercy on us
Heart of Jesus, loaded down	
with opprobrium,	have mercy on us
Heart of Jesus, bruised for our offences,	have mercy on us
Heart of Jesus, obedient to death,	have mercy on us
Heart of Jesus, pierced with a lance,	have mercy on us
Heart of Jesus, source of all consolation,	have mercy on us
Heart of Jesus, our life and resurrection,	have mercy on us
Heart of Jesus, our peace and	
our reconciliation,	have mercy on us
Heart of Jesus, victim for our sins	have mercy on us
Heart of Jesus, salvation	
of those who trust in Thee,	have mercy on us
Heart of Jesus, hope of those	
who die in Thee,	have mercy on us
Heart of Jesus, delight of all the Saints,	have mercy on us

Lamb of God, who taketh away	
the sins of the world,	spare us, O Lord
Lamb of God, who taketh away	
the sins of the world,	graciously hear us, O Lord
Lamb of God, who taketh away	
the sins of the world,	have mercy on us, O Lord

Jesus, meek and humble of heart. Make our hearts like unto yours.

Let us pray:

Almighty and eternal God, look upon the Heart of your most beloved Son and upon the praises and satisfaction which he offers you in the name of sinners; and to those who implore your mercy, in your great goodness,

grant forgiveness in the name of the same Jesus Christ, your Son, who lives and reigns with you forever and ever. Amen.

**PRAYER OF PRAISE AND THANKSGIVING
TO THE SACRED HEART**

Lord, you deserve all honour and praise, because your love is perfect and your heart sublime. My heart is filled with gratitude for the many blessings and graces you give me and those whom I love. I cannot do anything to deserve this love, but may I always be attentive and never take for granted the gifts of mercy and love that flow freely and generously from your Sacred Heart. Most Sacred Heart of Jesus, have mercy on us